

1-3-1,2

The Way I Feel

Grade Level	First
Minimum Time Required	30 Minutes
Materials/Resources	Small cards with one of the following emotions printed on each card: happy, shy, excited, lonely, sad, grouchy, scared, angry, silly.
Subject Area(s)	Guidance

Project Description:

1. This lesson will give students practice in identifying a wide variety of feelings by reading the body language of other students.
2. Introduce the lesson by playing a game. One student is selected to come forward and choose one of the cards. The cards are turned face down, and the student does not know what feeling has been selected until the card is turned over. The student must pantomime the feeling and the class must guess what feeling the student selected. The teacher may whisper the word to the student if he/she can't read it.
3. Continue playing the game after all the cards have been turned over by allowing a student to select a feeling and explain what experience might cause him/her to have the feeling.
4. Lead a brief discussion on what a person can do when experiencing feelings of sadness, anger, disappointment, and loneliness.

NOTE: Keep the lesson moving along, as it can be too lengthy if students take too long in guessing the feelings or during discussion times.

Career Development Standard	Awareness of the importance of growth and change.
Career Development Indicator	Identify personal feelings. Identify ways to express feelings.
Delivery Level	Review
Academic Standards	
Language Arts	4.1.b Present information in a clear and logical form. 4.1.c Use responses from peers to judge speaking success. 4.3.a Identify various non-verbal speaking techniques.
Employability/SCANS Skills	Basic Skills Thinking Skills
Assessment/Rubric	Students will appropriately express their thoughts, feelings, and actions. They will develop an awareness of how different types of emotions may be expressed.

Submitted by: NCDG Elementary Group